



ERME VALLEY HARRIERS



Present



Licence number:

Applied for



The Ivybridge 10K

Saturday 11th May 2019 – 6:30 pm

Starting at: Ivybridge Station Car Park

Finishing at: Ivybridge Rugby Club



Course Accuracy Certificate:
17/133

Race Limit: 850

Minimum Age: 15

For more details or to enter online see www.ermevalleyharriers.co.uk

Prizes categories as follows: (One prize per runner – With exception of course record & team prizes)

Men: 1st, 2nd, 3rd, 1st V40, 2nd V40, 1st V45, 2nd V45, 1st V50, 2nd V50, 1st V55, 1st V60, 1st V65, 1st, 1st, 2nd Team

Women: 1st, 2nd, 3rd, 1st V35, 2nd V35, 1st V40, 2nd V40, 1st V45, 2nd V45, 1st V50, 2nd V50, 1st V55, 1st V60, 1st, 2nd Team

- Entry fee £14 or £12 for EA Licence Holders
- Closing date for entries: Friday 10th May 2019 (NO ENTRIES ON THE DAY!)
- Course not suitable for wheelchairs
- Quality Memento to all finishers
- Chip Timing

- *Race time limit: 1 hour 35 minutes
AFTER THIS, NO FURTHER TIMES WILL BE RECORDED
- Changing/Showers
- Sports massage
- Parking (limited so please car share and arrive early)
- Refreshments

Set a new course record - £100. Male record: Kairn Stone 31:08 (2010) Female record: Jo Meek 36:39 (2012)

IVYBRIDGE 10K 2019 ENTRY FORM

SURNAME FIRST NAME

ADDRESS DOB AGE ON RACE DAY

..... *EXPECTED FINISH TIME

TELEPHONE NUMBER MALE / FEMALE

T-Shirt size (Please Circle) S M L X L EMAIL ADDRESS

Do **YOU** hold a current England Athletics Competition Licence?

If in doubt, please consult your club membership secretary (Note: This is a 7-digit number)

YES: Entry fee is £12 NO: Entry fee is £14

No refunds or referrals. Do not run with someone else's number. This causes problems with results, prizes and more seriously during an medical emergency. Number transfer is free. The recipient must complete an entry form, with a covering letter or email sent to the entries secretary

EA AFFILIATED CLUB

SIGNED DATE

I ENCLOSE A CHEQUE FOR £ WITH LARGE (A5 size) SAE (PAYABLE TO ERME VALLEY HARRIERS)

I declare that I will abide by the rules of UK Athletics, I am over 15 and agree that the organisers will not be liable for injury, illness, damage, action claim or expenses which may arise in the consequences of this event. I accept that St John Ambulance will provide medical support and I declare that I will not compete in this event unless I am in good health on race day and I compete at my own risk.

You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licenses or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category

ENTRIES TO: Entries Secretary,
41 Cleeve Drive, Ivybridge, Devon, PL21 9BW

Race Packs: Will be sent out in early April. If no SAE received or additional postage required, then your pack will not be returned. Please contact us if not received (see website for more info). **Note:** Online entrants to collect race packs on the day from Race HQ

With thanks to
our sponsors:

